**Case Study: Improving Medication Management for a Client with TMJ-Related Pain**

**Client Background:**
Name: Mr. John Davis
Age: 67
Diagnosis: Temporomandibular Joint Disorder (TMJ), Mild Cognitive Impairment (MCI)
Primary Medication: Tramadol (prescribed for TMJ-related pain)
SLP Referral Reason: Difficulty managing medication regimen as identified in the Pillbox Test

**Presenting Concerns:**
Mr. Davis has been experiencing persistent jaw pain due to TMJ dysfunction and has been prescribed Tramadol to manage his pain. However, during his speech-language evaluation, he demonstrated poor performance on the Pillbox Test, revealing difficulties with medication management. He exhibited the following challenges:

* Misidentification of medication labels
* Inability to follow a consistent dosing schedule
* Skipping doses or taking extra doses due to forgetfulness
* Difficulty organizing medications within a weekly pill organizer

His wife reports concern regarding his ability to maintain independence in medication management and adherence to his prescribed regimen.

**Speech-Language Pathology Evaluation:**
A comprehensive cognitive-communication evaluation was conducted to assess factors contributing to Mr. Davis's medication management difficulties. Key findings included:

* Mild deficits in working memory and attention, impacting his ability to follow multi-step instructions.
* Word-finding difficulties, leading to challenges in reading and understanding prescription labels.
* Impaired executive functioning skills, reducing his ability to plan and sequence medication administration.

**SLP Intervention Plan:**
The intervention will focus on improving medication adherence through cognitive-linguistic strategies and environmental modifications:

1. **Compensatory Strategies:**
2. **Cognitive-Linguistic Training:**
3. **Environmental Modifications:**

**Outcome Goals:**

**Conclusion:**
With targeted cognitive-communication interventions, Mr. Davis is expected to enhance his ability to manage his medication regimen safely and effectively. By integrating structured supports and caregiver involvement, he can maintain greater independence in his daily routines while ensuring adherence to his prescribed pain management plan.